



# NEW BEDFORD AQUATICS

POOL SCHEDULE: APRIL 7, 2025 TO APRIL 13, 2025



- MON**
- TUES**
- WED**
- THURS**
- FRI**
- SAT**
- SUN**

## LAP SWIM

|                   |                     |                    |                     |                     |                     |                   |
|-------------------|---------------------|--------------------|---------------------|---------------------|---------------------|-------------------|
| 5:00am-8:30am (4) | 5:00am-9:00am (4)   | 5:00am-8:30am (4)  | 5:00am-9:00am (4)   | 5:00am-11:00am (4)  | 7:00am-9:00am (4)   | 7:00am-4:45pm (4) |
| 8:30am-9:30am (2) | 9:00am- 10:00am (2) | 8:30am-9:30am (2)  | 9:00am- 10:00am (2) | 11:00am- 12:00pm(2) | 9:00am-10:00am (2)  |                   |
| 9:30am-4:30pm (4) | 10:00am-4:00pm (4)  | 9:30am-4:30pm (4)  | 10:00am-4:30pm (4)  | 12:00pm-4:30pm (4)  | 10:00am-12:00pm (0) |                   |
| 4:30pm-8:00pm (2) | 4:00pm-4:30pm (2)   | 4:30pm- 7:00pm (2) | 4:30pm- 5:30pm (0)  | 4:30pm-7:30pm (2)   | 12:00pm-4:45pm (4)  |                   |
| 8:00pm-8:45pm (4) | 4:30pm- 5:30pm (0)  | 7:00pm- 7:30pm (3) | 5:30pm-7:30pm (2)   | 7:30pm-8:45pm (4)   |                     |                   |
|                   | 5:30pm-7:30pm (1)   | 7:30pm-8:00pm (4)  | 7:30pm-8:45pm (4)   |                     |                     |                   |
|                   | 7:30pm- 8:00pm (4)  | 8:00pm- 8:45pm (4) |                     |                     |                     |                   |
|                   | 8:00pm-8:45pm (4)   |                    |                     |                     |                     |                   |

## OPEN SWIM

|                |                 |                                  |                                   |                                   |                |                |
|----------------|-----------------|----------------------------------|-----------------------------------|-----------------------------------|----------------|----------------|
| 12:00pm-4:00pm | 12:00pm- 4:00pm | 12:00pm- 4:00pm<br>6:30pm-8:30pm | 12:00pm- 4:00pm<br>7:30pm- 8:30pm | 12:00pm- 2:30pm<br>7:00pm- 8:30pm | 12:00pm-4:30pm | 12:00pm-4:30pm |
|----------------|-----------------|----------------------------------|-----------------------------------|-----------------------------------|----------------|----------------|

## WATER AEROBICS

|                            |                         |                            |                         |  |  |  |
|----------------------------|-------------------------|----------------------------|-------------------------|--|--|--|
| 8:30am-9:15am<br>(shallow) | 9:00am-9:45am<br>(deep) | 8:30am-9:15am<br>(shallow) | 9:00am-9:45am<br>(deep) |  |  |  |
|----------------------------|-------------------------|----------------------------|-------------------------|--|--|--|

CONTACT SARA WHITE WITH ANY QUESTIONS - 508.997.0734 X 122 | SWHITE@YMCASC.ORG

# OPEN SWIM

- AN ADULT 18 YEARS OR OLDER MUST ACCOMPANY A CHILD 7 YEARS OR YOUNGER IN THE POOL WITHIN ARMS REACH OF CHILD.
- CHILDREN 8-10 YEARS OLD MUST PASS THE SWIM TEST TO BE ALLOWED IN THE DEEP END OF THE POOL. PARENT MUST REMAIN IN THE POOL AREA.
- CHILDREN 10 YEARS OLD AND OLDER CAN BE IN THE POOL AREA ALONE BUT A PARENT MUST REMAIN ON THE Y PREMISES. ONLY TWO CHILDREN UNDER THE AGE OF 6 ARE ALLOWED PER ONE ADULT, FOUR CHILDREN MAXIMUM PER ADULT. WE HAVE FLOATATION DEVICES AVAILABLE; WE DO NOT ALLOW WATER WINGS/BLOW UP ARM FLOATS.
- PLEASE SEE LIFEGUARD FOR A FLOATATION DEVICE. ONLY NOODLES ARE TO BE USED DURING OPEN SWIM. NO INSTRUCTIONAL DEVICES.
- JUMPING AND DIVING ARE ALLOWED IN DESIGNATED AREAS ONLY. PLEASE SEE LIFEGUARD FOR LOCATION.

# LAP SWIM

- THE NUMBER IN ( ) INDICATES THE NUMBER OF LANES AVAILABLE FOR LAP SWIM
- ALL LAP SWIMMERS MUST BE OVER THE AGE OF 16 (OR A MEMBER OF THE HURRICANES SWIM TEAM) AND BE ABLE TO SWIM 1 LAP OF THE POOL WITHOUT STOPPING.
- LAP LANES DO GET CROWDED. WHEN THERE ARE MORE THAN 3 PEOPLE IN A LANE, THE SWIMMERS MUST CIRCLE SWIM (SWIM COUNTERCLOCKWISE IN EACH LANE).